Alzheimer’s family support group
Second and fourth Thursday of the month, 1:30–3 p.m.
Hartnell Professional Center
576 Hartnell Street, Monterey
Are you providing care to a loved one with Alzheimer’s or related dementias? Get support alongside other families facing similar issues, while learning about other local resources available to you. To register, call (831) 625-4600.

Cancer Wellness® support group
Tuesdays, 1:30–3 p.m., Cancer Center classroom
Are you feeling overwhelmed by a cancer diagnosis? Join us to experience a community with others who have been or are going through cancer treatment and who understand your specific needs. Cancer Center experts provide valuable information to help you navigate your care, manage physical and emotional symptoms, and uplift your spirit. To register, call (831) 625-4753.

Chronic pain support group
Tuesdays, 10 a.m.–noon, Cancer Center classroom
Living with chronic pain can be isolating. This weekly group offers support and compassion. Members learn communication techniques enabling them to participate more fully in their healing. To register, call (831) 625-4753.

Diabetes support group
Monday, November 14, 5–6 p.m.
Join this online meeting to share your experiences and concerns about living with Type 1 or Type 2 diabetes. Learn from your peers and diabetes experts in this welcoming and supportive environment. To register, call (831) 649-7220.

Drop-in grief group
Second and fourth Thursday of the month, 2–3:30 p.m.
Carol Hatton Breast Care Center, conference room
2 Upper Ragsdale Drive, Building C, Monterey
These groups provide support to those who have had a recent loss, connection with others also experiencing loss, and access to other resources available from Hospice of the Central Coast. To register, call (831) 649-7750.
ONLINE LECTURE

The path to understanding diabetes

November is Diabetes Awareness Month. Nearly 12 percent of the U.S. population lives with diabetes, with 1.4 million new cases every year. Diabetes can impact someone’s emotional and physical health if this chronic disease is not addressed or managed.

Wednesday, November 16
5:30–6:30 p.m.
Speaker:
Kearnan Welch, DO
Endocrinology, Diabetes, and Metabolism
Montage Medical Group

Registration required at montagehealth.org/lecture

IN-PERSON EVENT

Walk for Health

Saturday, November 19, 9–10 a.m.
Palo Corona Regional Park (Old Rancho Canada golf course location)
4860 Carmel Valley Road, Carmel

Physical activity doesn’t need to be hard. Walking boosts physical health, mental well-being, and can help manage serious health conditions.

Open to all members of the community, Walk for Health is a monthly 30-minute walk over easy terrain with a healthcare professional. Discuss and learn more about improving your health from health professionals who will lead and educate you along the way as you enjoy the outdoors together.

In partnership with Blue Zones Project Monterey County.

WALK LEADER
Kearnan Welch, DO, Endocrinology, Diabetes, and Metabolism
Montage Medical Group

Register at montagehealth.org/walkforhealth
Questions? (831) 625-4505

IN-PERSON EVENT

Turkey trot 2022

Thursday, November 24
8:30–11 a.m.
Run starts at 9 a.m.
Montage Wellness Center
2920 2nd Avenue, Marina

Prepare to shake your tail feathers with this 5k fun run/walk. Post-run refreshments and raffle prizes are included; finishers will receive a medal and t-shirt to commemorate the accomplishment.

Register at montagewellnesscenter.com/turkeytrot